

Department of
**Parks
&
Recreation**
Activities Brochure

2020

Winter



Spring



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Supervisor

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Class Registrations

Registration for all of our classes is faster, easier and all online. To register for classes and create an account, please visit hempsteadtown.com/parks (if you have not done so already). Please note, if you have registered online in the past 12 months for a class, program, paid your water bill or applied for a parking permit, then you may already have an account. For detailed registration instructions, please click the link located on our site.

Acceptable forms of payment are the following: Debit/credit cards or electronic check. Third-party processing fees apply to all registrants, no exceptions. These fees, along with class fees, are non-refundable.

General Information

Class sizes are limited, so we encourage you to go online as soon as registration is available for your class. Every effort will be made to reschedule canceled classes due to inclement weather. For up-to-the-minute changes, please visit the TOH website, and/or refer to the email address used to create your account. Adult class participants must be 18 years or older, except where noted.

Physical Fitness, Cultural Arts and Youth Programs:

Registration for all above begins on Tuesday, January 21 at 3 p.m. In person assistance will be available from 3 p.m. - 7 p.m. at Echo Park and Merrick Road Golf Course. Phone assistance will be available on the date listed above from 12 noon - 7 p.m. at (516) 414-6584.

Athletics:

Registration for Athletics begins on Tuesday, April 7 at 10 a.m. In person assistance will be available from 9 a.m. - 2 p.m. at Merrick Road Golf Course. Phone assistance will be available on the date listed above from 12 noon - 5 p.m. at (516) 292-9000.

Aquatics Online Registration: (Ages vary)

Registration for Lifeguard Training begins Wednesday, January 22 at 6 p.m. In person assistance for online registration will be available from 6 to 9 p.m. on the same day at Echo Park in West Hempstead. Registration for swim classes will begin Wednesday, January 22 at 6 p.m. In person assistance for online registration will be available from 6 p.m. to 9 p.m. on the same day at Echo Park in West Hempstead. Phone assistance will be available during the same time frame by calling (516) 565-0508. Registration ends first day of class. Lessons will not be made up.



Stay on the
"ball" with
up-to-the-minute
parks information
at hempsteadny.gov

Rules & Regulations

FOR PARTICIPATION IN ALL TOWN OF HEMPSTEAD PARKS PROGRAMS

- 1) Courses will be held subject to a minimum registration of 15 people (except swim, which is 6 people). For information on programs or registrations, call **(516) 292-9000: AQUATICS, ext. 7239 - ATHLETICS, ext. 7257 or 7245 - CULTURAL ARTS, ext. 7382, PHYSICAL FITNESS, ext. 7266, and YOUTH PROGRAMS, ext. 7544.**
- 2) Proof of Town residency is required for registration and participation in all events and pool memberships. A current (less than three months old) telephone bill, electric bill, deed, lease or driver's license with two forms of identification will serve as proof.
- 3) All registrations are online except where indicated.
- 4) Reduced registration fees and pool admission discounts extended to: current Military Service Personnel with proper military identification; Veterans with a copy of honorable discharge certificate, DD form 214, VA card or membership card from a recognized veteran's organization; the Physically Challenged with a New York State Department of Parks and Recreation Access Pass or Nassau County Recreation and Parks Leisure Pass for the physically challenged; Senior Citizens (ages 60 and up); volunteer firefighters; volunteer ambulance corps members; auxiliary police officers; and children ages 5 to 9.
- 5) Children under 10 years of age **MUST** be accompanied by a parent or guardian during program participation.
- 6) For Cultural Arts - Adventure Tours and Performing Arts events (including lectures & children shows) - we encourage all patrons to purchase tickets in advance. NO discounts for children's shows. Personal checks or money orders, payable to the Town of Hempstead, must include the name, address and telephone number of the person who is purchasing tickets. Mail to: Town of Hempstead Dept. of Parks and Recreation - 200 N. Franklin Street, Hempstead NY 11550. Please include a self-addressed stamped envelope with your check.
- 7) Programs will not be held on Town and certain religious holidays. *Contact your course instructor for details.*
- 8) The Town reserves the right to change a schedule, registration or fees, and to cancel, reschedule or modify any course or program. The Town is not responsible for printing errors in this publication.
- 9) Hours of facility operation subject to change.
- 10) No refunds for programs, performances or admissions.
- 11) A family pool membership will consist of a married couple and any unmarried, dependent children, up to age 21, residing in the same household. Full-time college students may be included in a family pool membership. Proof that the individual is a full-time student must be submitted. The Department will also consider, on a case-by-case basis, unmarried couples residing at the same address who can establish they are the functional equivalent of a traditional family unit.

PARKS AND FACILITIES

- * **Atlantic Beach Estates - Atlantic Beach** (239-8888)
- Averill Boulevard Park - Elmont** (437-5881)
- Baldwin Park - Baldwin Harbor** (546-4481) (Court Area 546-2240)
- Bernard Brown Park - Uniondale** (483-2770)
- Cedar Street Park - Uniondale** (483-2287)
- Coes Neck Park - Baldwin** (868-8190)
- Dutch Broadway Park - Elmont** (285-4118)
- * **East Atlantic Beach Park - East Atlantic Beach** (432-2036)
- East Bay Park - Bellmore** (783-2512)
- Echo Park - West Hempstead** (483-7400) (Lifeguards 565-0508)
- Elmont Road Park - Elmont** (285-8509)
- Forest City Community Park - Wantagh** (783-2513)
- * **Garden City South Community Park - Garden City South** (538-1919)
- Harbor Isle Beach - Harbor Isle** (432-5554)
- Harold Walker Memorial Park - Lakeview** (766-2277)
- Hendrickson Avenue Park - Elmont** (437-1221)
- Hewlett Point Park - Bay Park** (599-4064)
- * **Levittown Hall - Levittown** (933-6400)
- * **Levittown Veterans Memorial Park - Levittown** (933-6400)
- Lido Beach Town Park - Lido Beach** (431-6650)
- Lido Golf Course - Lido Beach** (889-8181)
- Merrick Road Golf Course - Merrick** (868-4650)
- Merrick Road Park - Merrick** (868-4373)
- Newbridge Arena - Bellmore** (783-6181)
- Newbridge Road Park - Bellmore** (783-2500) (Recreation 783-2503)
- Oceanside Park - Oceanside** (763-0700)
- * **Rath Park - Franklin Square** (488-1843)
- Roosevelt Pool - Roosevelt** (623-7414)
- Salisbury Park Drive Ballfields - East Meadow** (997-4534)
- Seamans Neck Park - Seaford** (783-3200) (Recreation 783-3206)
- Senator Speno Memorial Park - East Meadow** (481-4420)
- Shell Creek Park - Barnum Island** (431-6440)
- Terrace Gardens Park - Inwood** (239-8080)
- Town Park at Malibu - Lido Beach** (670-1052)
- Town Park at Point Lookout - Point Lookout** (431-3900)
- Town Park at Sands - Lido Beach** (431-6910)
- Uniondale Avenue Park - Uniondale** (481-1158)
- * **Veterans Mem. Park (Trenton Ave. Park) - Atlantic Beach** (432-2036)
- Veterans Memorial Park - East Meadow** (296-7780) (Rec. 296-7791)
- * **Special Park Districts: Facilities open only for residents in that district.**

Merrick Road Golf Course

2550 Clubhouse Road, Merick

The golf course driving range is open seven days a week. The range permits irons only. For updated hours of operation call (516) 868-4650. Tee-off time is 6 a.m., weather permitting. Hand carts are available for rental. The golf course is closed on Wednesdays. A certified PGA teaching professional is on site for personal instruction and assistance with equipment purchases in the pro shop.

Course Rates (Subject to change)

	Weekday	Weekend
District resident.....	\$ 17.00	\$ 20.00
Non-district resident.....	\$ 19.50	\$ 22.00
Senior/Veteran/district resident*.	\$ 8.50	\$ 10.00
Senior/Veteran/ non-district resident*	\$ 9.75	\$ 11.00
Guests with resident	\$ 26.50	\$ 33.00

*Rate also applies to current military personnel, the physically challenged, volunteer firefighters, volunteer ambulance members and auxiliary police officers.

516.868.4610 (Waiting Time) • 516.868.4650 (Office)
516.223.1255 (Pro Shop)

Lido Golf Club

Lido Blvd., Lido Beach

516.889.8181 • www.lidogolf.com

The Lido Golf Club features a driving range, putting and chipping greens. A certified PGA teaching professional is on site for personal instruction and assistance with equipment purchases in the pro shop. Group reservations for as many as four players may be made up to two weeks in advance of a desired date by calling (516) 889-8181. The golf course is closed on Wednesdays. To make online reservations, visit lidogolf.com

Course Rates (Subject to change)

18 Holes (Prime Time & Midday)

	Weekday	Weekend
Resident	\$38 & \$27	\$44 & \$29
Long Beach resident.....	\$42 & \$32	\$47 & \$34
Non-resident.....	\$45 & \$35	\$48 & \$37
Senior/Veteran/Active Military* .	\$27 & \$27	\$27 & \$27
Motorized cart (per rider)	\$18.50 & \$14.50	\$18.50 & \$14.50
Reservations.....	\$ 5 & \$ 3	\$ 5 & \$ 3

9 Holes (Early Bird & Twilight)

	Weekday	Weekend
Resident	\$20 & \$21	\$22 & \$23
Long Beach resident.....	\$21 & \$22	\$24 & \$25
Non-resident.....	\$23 & \$24	\$26 & \$27
Senior/Veteran/Active Military* .	\$16 & \$16	\$16 & \$16
Motorized cart (per rider)	\$14.50 & \$14.50	\$14.50 & \$14.50
Reservations.....	\$ 3 & \$ 3	\$ 3 & \$ 3

*Senior/physically challenged/auxiliary police/fire-ambulance discounts are available Mondays and Thursdays only.

A.N.C.H.O.R. PROGRAM

Throughout the fall/winter/spring season, the Town of Hempstead ANCHOR Program presents an enriching and encompassing schedule of recreational activities on weeknights and Saturdays. Residents with special needs, five years of age and older, are eligible to participate. Specific times and locations of ANCHOR activities are announced in the participant calendar.

ANCHOR weekday programs are designed to develop socialization skills, improve self-image and integrate the participant into the community. Diverse recreational programs such as bowling, swimming, fitness, sports, drama workshop and Club ANCHOR (teens & adults) are offered to participants on weekdays after school and in the evenings.

BE AN ANCHOR SUMMER CAMP VOLUNTEER

If you are 14 years of age or older and wish to lend a helping hand during our 2020 Camp ANCHOR Summer Program, call the ANCHOR Office at (516) 431-6946, beginning Thursday, January 2 at 8 a.m., to place your name on the waiting list. Due to the large number of volunteers currently in the program, our summer availability will be limited. The selection process is conducted on a first-come, first-serve basis. We will only be taking a small number of new volunteers this summer.

SUMMER PROGRAM AT LIDO BEACH

Camp ANCHOR, the Town's six-week, day camp program will serve approximately 720 children and adults with special needs throughout the summer. This comprehensive recreational day camp will be available to eligible participants who are five years of age and older. Transportation is provided. Registration fee required.

SATURDAY RECREATION

Professional educators, specialists, paraprofessionals and volunteers will supervise exciting activities such as art, music, dance, physical education, home economics, special events and field trips during an all-day Saturday program. Participants are grouped according to age, needs and ability. Transportation is provided by the Town. Registration fee required.

FOR FURTHER INFORMATION AND ANCHOR ENROLLMENT APPLICATIONS,

Write to: ANCHOR, Lido Beach Town Park, 630 Lido Blvd., Lido Beach, New York, 11561, or call (516) 431-6946.

Newbridge Arena

2600 Newbridge Road, Bellmore • 783-6181 • 783-0215 (Pro Shop, Rink Office, Skating School)
www.newbridgearena.com



Newbridge Arena provides year-round ice skating fun for the entire family. During public skating sessions the arena offers birthday parties, ice skate rentals, a snack bar and a full-service pro shop. Discounts are available for youth groups, Scout troops and charters. Contact Newbridge Arena at (516) 783-6181 or visit www.newbridgearena.com for the public skating schedule and lesson information.

Public Skating Rates

Friday Nights, Weekends & Holidays

General Admission	\$9.00
Town of Hempstead Resident	\$7.00
(with proof of residency)	
Seniors, Veterans, Current Military, Police, Firefighters & Volunteer Ambulance Personnel...	\$5.00
Skate Rental	\$4.00

After School Special (Wed. & Fri. before 6 PM)

General Admission	\$6.00
Town of Hempstead Resident	\$4.00
(with proof of residency)	
Seniors, Veterans, Current Military, Police, Firefighters & Volunteer Ambulance Personnel...	\$3.00
Non-Resident Senior.....	\$5.00
Children Under 5 (with paid adult).....	FREE
Skate Rental	\$4.00

Echo Park

Nassau and Roosevelt Boulevards,
West Hempstead
483-7400 (Office)
565-0508 (Lifeguards)

Full-service facility offering year round aquatic, fitness & cultural activities.



RATES

	FULL YEAR	HALF YEAR	DAILY
Family district residents	\$585.00	\$372.00	-----
Family non-district residents	\$710.50	\$468.00	-----
Individual district resident.....	\$292.00	\$195.00	\$8.00
Individual non-district resident	\$360.00	\$234.50	\$9.00
Individual resident - discount*	\$146.25	\$97.50	\$4.00
Individual Non-district resident discount*	\$180.00	\$117.25	\$4.50
5-9 years old resident.....	-----	-----	\$4.00
5-9 years old non-district resident	-----	-----	\$4.50
Active military - all town residents	\$0.00	\$0.00	\$0.00
Families of active military - all town residents.....	\$0.00	\$0.00	\$0.00

*Senior Citizen, Handicapped, Auxiliary Police, Volunteer Firefighter – Ambul./Veteran

Exciting indoor pool and fitness complex open to town residents seven days a week. A special lap swimming period is held each Monday, Wednesday and Friday from 7 a.m. to 10 a.m. The facility includes a diving tank, men's and women's sauna and weight rooms, lockers and a snack bar. The complex is also the location of many regularly scheduled exercise and swim classes.

Rock Hall Museum

199 Broadway, Lawrence, New York 11559

*Enrolled on the National Register of Historic Places.
Designated as a New York State Revolutionary War
Heritage Trail Site.*

HOURS

Wednesday to Saturday • 10 a.m. to 4 p.m.

Sunday • noon to 4 p.m.

Closed Monday & Tuesday

(516) 239-1157



One of the finest pre-Revolutionary War homes on Long Island, Rock Hall was built in 1767 for Josiah Martin, a wealthy West Indian plantation owner. This Georgian-style home belonged to only two families, the Martins and Hewletts. In 1948, the Hewlett family deeded Rock Hall to the Town of Hempstead. After an extensive restoration, it opened as a museum in 1953.

Rock Hall is a fully-furnished 18th-century house museum that offers a guided tour, programs of historic interest, special lectures and an educational program for students. Visit the museum's cellar. The Warming Kitchen, Cold Storage Room and Wine Cellar offer fascinating views of the rarely seen working areas in an 18th century plantation-style home. Also located in the cellar is the museum's ongoing Archaeology Exhibit Room. There you will see a display of 18th and 19th - century artifacts that continue to be uncovered during excavations at Rock Hall.

"The Friends of Rock Hall" is an independent charitable non-profit organization that works closely with this Town of Hempstead museum to sponsor certain programs of interest. "The Friends" also raise funds to purchase furnishings and to sponsor historic research. Memberships are available starting at \$25 per individual. Paid members are entitled to program and gift shop discounts plus free admission to all lectures.



A Note of Historical Significance!

Museum space is limited and registration for programs is required. Please call (516) 239-1157 for reservations. Make checks payable to Friends of Rock Hall. The Friends of Rock Hall accepts payments and memberships with Visa, Mastercard and Discover. Fees are non-refundable. Reservations are confirmed upon receipt of full payment. Program events are hosted and sponsored by the Town and Friends of Rock Hall. Visit the museum gift shop during museum hours. **Reservations are required for all group visits.**

The Art of Dining: Downton Abbey

Presented by Francine Segan

Sunday, May 3 at 1:30 p.m.



Join television personality, award-winning cookbook author and noted food historian Francine Segan as you discover the elaborate etiquette, enchanting entertainments and dishes Mrs. Patmore would have been proud to send to the table. Vivid descriptions of Lord Grantham-esque dinner parties, cotillions and elegant picnics will transport you back in time, while you learn all the popular toasts of the era and when it's proper to remove your gloves or tip your hat.

The event includes a trivia contest on the uses for now-obsolete objects that Mr. Carson would be shocked to find you couldn't use properly, tastings of popular tidbits, garnish-making demonstrations and recipe handouts.

Space is limited. Reservations required. Fee: \$35; \$30 members/seniors. Sponsored by the Friends of Rock Hall. Check is to be payable to the Friends of Rock Hall.

Kitchen Garden Planting

Wednesday, March 25 • 10 a.m. - 12 noon
(Rain Date - Thursday, March 26)

Kitchen gardens were vital to the recipes of early America, providing herbs, spices and greens. Adults are invited to this outdoor program for the planting of cold weather seeds and crops as Rock Hall prepares this garden for the year. Bring gloves. Tools are provided. Weather permitting. Fee \$15; \$10 members/seniors. Reservations and prepayment requested.

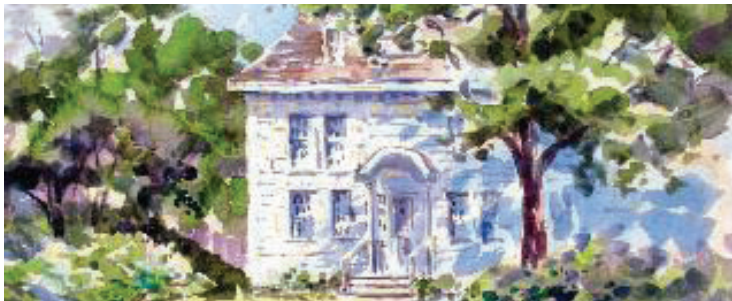
On the Case: Christie Mysteries

Sunday, April 19 • 1:30 p.m.

Presented by David Houston,
Writer/Director & Narrator

In a 65-minute show, three versatile actors perform David Houston's radio play (with music and sound effects) from classic short stories by the all-time mistress of suspense and surprise-including a fully staged scene in which Miss Marple and Monsieur Poirot meet and discuss "Getting Away with Murder," drawn from numerous Agatha Christie sources.

Space is limited. Reservations required. Fee: \$35; \$30 members/seniors. Sponsored by the Friends of Rock Hall. Check is to be payable to the Friends of Rock Hall.



Watercolor Workshop in the Garden

Four Tuesdays, June 2, 9, 16 & 23

1 to 4 p.m. (Rain dates are the Thursday following each class from 1 to 4 p.m.)

Welcome to the great outdoors! Rock Hall Museum invites you to paint and use the elements of the outdoor environment to create a unique visual statement. Watercolor artist Linda Shedlock is a New York State licensed art teacher, a member of the South Shore Portrait Group, and an Art Historian Board Member with the Art League of Nassau County.

Adults only. Space limited. Pre-payment required. Materials not included. Supply list will be provided. Workshop is \$90 per person; \$80 members/seniors. Check is to be payable to the Friends of Rock Hall.

Vegetable Gardening for Adults

Tuesdays, May 5, 12 & 19, June 2, 9 & 16
6 mornings, 9 - 11 a.m.

This class will provide basic instruction. Learn how to cultivate, seed, plant, and tend a vegetable and kitchen garden. Garden fee \$60; \$50 members/seniors.

Fee includes instruction, plants, and seeds. Pre-payment required. Sponsored by the Friends of Rock Hall. Check is to be payable to the Friends of Rock Hall.

Vegetable Gardening for Children

Thursdays, June 4 & 11

4 - 5:30 p.m.

This two-week class is meant to provide children with hands on experience in seeding, planting and tending a vegetable garden. Children will be introduced to the *good and bad bugs* in a garden, and learn plant identification. The value of "farm to table" will be shared. Garden fee \$30.

Fee includes instruction, plants, and seeds. Pre-payment required. Sponsored by the Friends of Rock Hall. Check is to be payable to the Friends of Rock Hall.

2020 Vintage Antique Fun Car Show

Sunday, June 14 - 10 a.m to 2 p.m.*

FREE ADMISSION! Bring your family to stroll the show on the beautiful grounds of the museum. Enjoy recorded nostalgic music on a lazy Sunday. ***EARLY SHOW*** Presented by the Vintage Chevrolet Club of America, Queens County Region. The Car Show is open to any make of vehicle 25 years or older, (vintage 1995), including classics, antiques, customs, hot rods and trucks.

Antique car fee: \$10.

No Spectator fee.

No rain date.

Call Howard at (516) 662-9379
or e-mail hfishman52@aol.com
for event information.



Group Storytelling Available

Children ages 6-10 are invited to listen to the American Girl stories of Felicity, Kirsten, Kaya, Josefina or Kit in the parlor at Rock Hall. 15-child minimum. **Fee \$5.00** per child. Prepayment required. Please call the office to arrange a story, date and time. Checks payable to Friends of Rock Hall.

Learn to Swim Program

Participants in the Town of Hempstead swimming lessons must be at least 6 years of age by December 1 and must measure 46 inches in height. A parent or guardian must accompany any child younger than 10 years of age to each class. Classes meet once a week. Participants must hold a pool membership or they will be required to pay the daily admission rate for each visit to the park. Proof of age and residency will be checked on the first day of class. Swim classes must have a minimum of six people. There is a class limit of 15 swimmers for Levels 2 and 3, and 20 swimmers for Levels 4, 5, 6 and Adults. Participants must register online at hempsteadtown.com/parks on January 22 at 6 p.m.

Fee: (Does not include daily admission):

Levels 2 & 3- No Fee

Levels 4, 5 & 6 - \$55

Adults - \$60 (Seniors/Veterans \$30)

Program:

February 3 through April 5 (8 Classes)

Class schedules will be available during class

Online Registration:

Wednesday, January 22 at 6 p.m.

hempsteadtown.com/parks

Registration closes the first day of class.

Children's Classes (Ages 6 to 14)

Fundamentals of Aquatic Skills: Level 2

Children will learn basic swimming skills such as floating and gliding on their front and back, kicking and arms for front crawl and back crawl, changing directions (front to back and back to front), treading water, and bubbles.

Stroke Development: Level 3

Guided practice will help children improve their skills. Instructors will work with children to improve their front crawl, back crawl, floating and treading skills. Children will learn skills such as rotary breathing, survival floats, streamline, new kicks, elementary backstroke, and dives.

Stroke Improvement: Level 4

Children will improve their strokes and continue to work on aquatic skills such as diving, survival floats, treading, streamline, and various kicks. Students will be introduced to new aquatic skills such as surface dives, open turns, breaststroke, butterfly and sidestroke.

Stroke Refinement: Level 5

Guidance allows children to refine their strokes, like butterfly and breaststroke, while becoming more efficient swimmers. Children will learn shallow angle dives, flip turns, and sculling to further their aquatic skills.

Swimming & Skill Proficiency: Level 6

Children will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. The children will continue to work on the skills they have learned in previous levels.

Adults Classes (Ages 15 and over)

Learning the Basics: Adults 2

Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water. Adults will focus on building comfort on their backs and fronts while using their arms and legs simultaneously.

Improving Skills & Swimming Strokes: Adults 3

Participants will gain proficiency and comfort in basic aquatic skills. Instructors will work with participants to improve the basic swimming strokes.

Swimming for Fitness: Adults 4

Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.

Learn To Dive

Residents eight years of age and over will have an opportunity to learn the techniques of springboard diving. Experienced diving coaches will teach this program, which meets once a week. A parent or guardian must accompany any child younger than 10 years of age to each class.

The Learn to Dive program is open to adults and children with the ability to swim in deep water. Participants must hold a pool membership or they will be required to pay the daily admission rate for each visit to the park. Proof of age and residency will be checked on the first day of class. Dive classes must have a minimum of six people, and are limited to a maximum 15 divers.

Echo Park Pool Complex, West Hempstead

Registration Online:

Wednesday, January 22 at 6 p.m.

Registration closes the first day of class

Fee:

\$53.40 - (Seniors/Veterans \$27)*

admission price is not included.

Program:

February 3 through April 5 (8 classes)

Class schedules available at registration.

Lifeguard Job Interviews

The Aquatic Division will offer a unique screening program for certified and non-certified lifeguard candidates, ages 16 & up. The screening program includes a 200-yard swim and interviews with any candidate seeking to work for the Town of Hempstead. **Employment is not guaranteed.** Candidates should come to Echo Park and bring all of their current certification cards. The Town of Hempstead is an equal opportunity employer.

Program:

Saturdays, May 2 to May 16

8 to 10 a.m.

Junior Lifeguarding & Lifeguard Training Programs

Junior Lifeguarding participants must be 11 to 14 years of age. Lifeguard Training participants must be at least 15 years of age by the end of the program. Classes meet once a week. Participants must hold a pool membership or they will be required to pay the daily admission rate for each visit to the park. Proof of age and residency will be checked on the first day of class. Swim classes must have a minimum of six people. There is a class limit of 20 swimmers for Junior Lifeguarding and 40 swimmers for Lifeguard Training. Participants must be registered online at hempsteadtown.com/parks on January 22, 2020 at 6 p.m. Both courses require students to perform a pre-skills examination (information can be found below) before their acceptance into their respective courses. For further information, email justand@tohmail.org or please call (516) 565-0508.

Fee: (Does not include daily admission):
Junior Lifeguarding - \$55 (Town Fee)
 \$12 (American Red Cross Fee)
Lifeguard Training - \$138 (Town Fee)
 \$38 (American Red Cross Fee)
 The instructors will give directions on how to process the American Red Cross payment.

Program:
Junior Lifeguarding (8 Classes)
 February 6 through April 5
Lifeguard Training (11 Classes)
 January 28 through May 3
Class schedules will be available during class

Online Registration: hempsteadtown.com/parks
 Wednesday, January 22 at 6 p.m.
Registration closes the first day of class.

Junior Lifeguarding

The pre-skills exam consists of swimming 25 yards of front crawl, 25 yards of breaststroke, tread water for 1 minute, swim 10 feet underwater and 25 yards of elementary backstroke or back crawl or floating 30 seconds on the back. Fee will be collected after the pre-skills exam.

Lifeguard Training

The pre-skills exam has three skills, a 2 minute tread (no hands), a 300 yard swim (breaststroke or front crawl) and a timed retrieval event that must be completed in 1 minute 40 seconds. All students must complete all three skills. Fee will be collected after the pre-skills exam. Attendance is mandatory for every class. Students will NOT be permitted to arrive late or leave early from their class.

2020 WINTER/SPRING LEARN TO SWIM SCHEDULE

Monday

11:00 - 11:45 a.m.	Adults 2
4:15 - 5:00 p.m.	Levels 2 & 4
7:30 - 8:15 p.m.	Adults 2
8:30 - 9:15 p.m.	Adults 3

Tuesday

11:00 - 11:45 a.m.	Adults 3
4:15 - 5:00 p.m.	Levels 2 & 4
5:15 - 6:00 p.m.	Levels 3 & 5
6:15 - 7:00 p.m.	Levels 6
6:15 - 7:00 p.m.	Levels 2 & 3 (10-14 years)
6:00 - 9:30 p.m.	Lifeguard Training

Wednesday

4:15 - 5:00 p.m.	Levels 2 & 3
7:30 - 8:15 p.m.	Levels 4 & 5

Thursday

4:15 - 5:00 p.m.	Levels 2 & 3
5:00 - 6:30 p.m.	Junior Lifeguarding
5:15 - 6:00 p.m.	Levels 2, 4 & Diving

Friday

4:15 - 5:00 p.m.	Levels 2 & 3
7:30 - 8:15 p.m.	Adults 2
8:30 - 9:15 p.m.	Adults 4

Saturday

9:00 - 9:45 a.m.	Levels 3 & 4
10:15 - 11:00 a.m.	Levels 2, 3 & 5
11:00 - 11:45 a.m.	Diving
11:15 - 12:00 p.m.	Levels 2, 3 & 4
1:00 - 4:30 p.m.	Lifeguard Training
5:15 - 6:00 p.m.	Level 6
5:15 - 6:00 p.m.	Levels 2 & 3 (10-14 years)
6:00 - 9:30 p.m.	Lifeguard Training

Sunday

10:15 - 11:00 a.m.	Levels 2, 3 & 4
11:00 - 11:45 a.m.	Diving
11:15 - 12:00 p.m.	Levels 2, 3 & 5
1:00 - 4:30 p.m.	Lifeguard Training
4:15 - 5:00 p.m.	Levels 2 & 4
5:00 - 6:30 p.m.	Junior Lifeguarding
6:00 - 9:30 p.m.	Lifeguard Training

IMPORTANT SWIMMING AND DIVING REQUIREMENTS

A parent or guardian must always accompany a child who is younger than 10 years of age. For safety reasons, children must measure 46 inches in height. Proof of age and Hempstead Town residency are required for participation. The daily admission rate or a valid pool pass is required of all "Learn to Swim" and "Learn to Dive" participants. Payments must be made online at hempsteadtown.com/parks. Lifeguards reserve the right to limit class and team size. Registration is on a first-come, first-served basis. A person may only register his or her own family members. Swim classes must have a minimum of six people. Registration is closed on the first day of class. A \$5 late registration fee will be applied to all registrations that take place after the designated registration date. Please be advised, transportation will not be provided for swim meets.

ATHLETIC INSTRUCTIONAL PROGRAMS FOR ADULTS

Online registration for **ALL ADULT ATHLETICS** programs will start at 10 a.m. on April 7, 2020. If you need assistance setting up your account or with the online registration, park personnel will be available to assist you, on April 7 from 9:00 a.m.-2:00 p.m. at the Merrick Road Golf Course Clubhouse, Merrick. Registration will remain open until the class is filled, or 2 weeks from the start of the program, whichever comes first. For more information on all adult athletics classes, please call 292-9000, ext. 7257

Class dates, times and fees appear on page 11.

Adult Day Tennis Lessons

Instruction will be offered in various levels for adult residents who are 18 years of age and older. You must provide your own tennis racket and balls. The choice of hours is on a first-come, first-served basis. Each class is limited to 16 participants. For more information, please call 292-9000 ext. 7257. **This class is offered at Baldwin Park, Baldwin Harbor; Seamans Neck Park, Seaford.**

Adult Evening Tennis Lessons

Instruction will be offered in various levels for adult residents who are 18 years of age and older. You must provide your own tennis racket and balls. The choice of hours is on a first-come, first-served basis. Each class is limited to 16 participants. For more information, please call 292-9000, ext. 7257. **This class is offered at Baldwin Park, Baldwin Harbor; Newbridge Road Park, Bellmore.**

Adult Tennis Tournament

A competitive tennis tournament for Town residents ONLY, ages 18 and older. The Singles competition will consist of two divisions, "Under 50" & "50 and Over." After brackets are set, players will arrange date, site and time of match with their opponent. Competitions include: **Men's Singles and Doubles, Women's Singles and Doubles and Mixed Doubles.** Trophies will be awarded to all tournament champions. **Applications available at:**

hempsteadny.gov

or by calling (516) 292-9000, ext. 7245

or by e-mail at vsparaccio@tohmail.org

Registration: May 14 to June 14

Fee: None

Program: Tournament starts on or about June 21

Adult Cardio Tennis

Cardio tennis is high-energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Each person will listen to music while participating in the sport they enjoy. Players must provide their own tennis racket and tennis balls. Limited to 10 participants per class. ***Please note this class is for advanced players only*.** For more information, please call 292-9000 ext. 7257. **This class is offered at Newbridge Road Park, Bellmore.**

Pickleball 101 for Beginners

This "sweet" game with a "sour" name is the fastest growing sport in America. Created in the mid 1960's, the game is played on a badminton-sized court with paddles and a whiffle-like plastic ball. Learn all the basic rules of play. Choice of morning or evening classes is on a first-come, first-served basis. Players must provide their own Pickleball paddle. All classes will be held at Seamans Neck Park. For more information, call 292-9000, ext. 7257. Pickleball 101 is limited to 24 players for the morning session and 20 players for the evening session. **This class is offered at Seamans Neck Park, Seaford.**

Pickleball 102 - Workshop Beyond Basics

The goal of this one 90-minute session will be to help experienced Pickleball players who are seeking to develop shot consistency, improve their "soft" game, and better their drop shot, non-volley zone play and doubles game strategy. Much of the time will be spent on skill drills and analysis of play. Workshop limited to 16 players for each session. Players must provide their own Pickleball paddle. Due to expected high turnout, participants are limited to one session. Class will be held at Seamans Neck Park. For more information, call 292-9000, ext. 7257. **This class is offered at Seamans Neck Park, Seaford.**

Adult Golf Lessons

Group golf instructions from our P.G.A. staff will be offered for adults, 18 years and older, who are interested in learning the fundamental skills and techniques of the sport. Lessons will be given in driving, fairway woods, long irons, chipping and putting. Participants must provide their own clubs. Classes are limited to 80 participants at Merrick Golf Course and 60 participants at Lido Golf Course (per class, per session.) For more information, please call 292-9000 ext. 7257. **This class is offered at Merrick Road Golf Course and Lido Golf Course.**



Classes at Baldwin Park, Baldwin

Adult Day Tennis Lessons

Fee: \$40 (Seniors/Veterans \$20)
5 weekly sessions
Program: Tuesdays, April 21 to May 19
12:00-1:00 p.m. (Intermediate)
Wednesdays, April 22 to May 20
11:00 a.m.-12 noon (Beginner)

Adult Evening Tennis Lessons

Fee: \$40 (Seniors/Veterans \$20)
5 weekly sessions
Program: Wednesdays, April 22 to May 20
7:00-8:00 p.m. (Intermediate)
Wednesdays, April 22 to May 20
8:00-9:00 p.m. (Beginner)

Classes at Newbridge Park, Bellmore

Adult Evening Tennis Lessons

Fee: \$40 (Seniors/Veterans \$20)
5 weekly sessions
Program: Tuesdays, April 21 to May 19
7:00-8:00 p.m. (Beginner)
Tuesdays, April 21 to May 19
8:00-9:00 p.m. (Intermediate)
Thursdays, April 23 to May 21
7:00-8:00 p.m. (Intermediate)

Adult Cardio Tennis Lessons

Fee: \$40 (Seniors/Veterans \$20)
5 weekly sessions
Program: Tuesdays, April 21 to May 19
9:00-10:00 p.m. (Intermediate)
Thursdays, April 23 to May 21
8:00-9:00 p.m. (Intermediate)



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Classes at Seamans Neck Park, Seaford

Adult Day Tennis Lessons

Fee: \$40 (Seniors/Veterans \$20)
5 weekly sessions
Program: Tuesdays, April 21 to May 19
10:00-11:00 a.m. (Intermediate)
Tuesdays, April 21 to May 19
11:00 a.m.-12 noon (Intermediate)
Wednesdays, April 22 to May 20
10:00-11:00 a.m. (Beginner)
Thursdays, April 23 to May 21
10:00-11:00 a.m. (Intermediate)
Thursdays, April 23 to May 21
11:00-12 noon (Intermediate)

Pickleball 101 for Beginners

Fee: \$33 (Seniors/Veterans \$16.50)
2 day session
Program: Monday & Tuesday, May 4 & May 5
Day session: 9:30 a.m.-11:30 a.m.
Monday & Tuesday, May 4 & May 5
Night session: 7:00-9:00 p.m.

Pickleball 102 - Workshop Beyond Basics

Fee: \$15 (Seniors/Veterans \$7.50)
1 night session
Program: Wednesday, May 20
7:00-8:30 p.m.

Classes at Lido Golf Course, Lido Beach

Adult Golf Lessons

Fee: \$44 (Seniors/Veterans \$22)
Ball fee not included and must be paid in cash at each lesson.
Program: April 20 to May 13 (8 sessions)
Mondays & Wednesdays
9:30-11:00 a.m. or 11:30 a.m.-1 p.m.

Classes at Merrick Road Golf Clubhouse, Merrick

Adult Golf Lessons

Fee: \$44 (Seniors/Veterans \$22)
Ball fee not included and must be paid in cash at each lesson.
Program: April 21 to May 14 (8 sessions)
Tuesdays & Thursdays
9:30-11:00 a.m. or 11:30 a.m.-1 p.m.

Youth Programs

Online registration for ALL YOUTH programs will start at 3 p.m. on January 21, 2020. If you need assistance setting up your account or with the online registration, parks personnel will be available to assist you, on January 21 from 3 to 7 p.m. at the Merrick Road Golf Course Clubhouse, Merrick. For more information on all classes, please call 292-9000, ext. 7544 or email lwerner@tohmail.org.

NO CLASS DATES

Mondays: 2/17, 4/13, 5/25
 Wednesdays: 2/19, 4/8, 4/15
 Thursdays: 2/20 & 4/16
 Fridays: 2/21, 4/10
 Saturdays: 2/22, 4/11, 5/23

Arts & Crafts

Specially trained recreation instructors will guide your youngsters in this unique learning-by-doing process. Parents may only enroll their own child. Proof of age is required at the first class. Space limitations vary by park.

WINTER PROGRAM

Fee: None (8 Weekly Sessions)
 Saturdays: February 1 to March 28 (No class 2/22)

SPRING PROGRAM

Fee: None (8 Weekly Sessions)
 Saturdays: April 4 to June 6 (No class 4/11, 5/23)

Averill Blvd. Park, Franklin Square (437-2674)
 5-12 years, 11 a.m.-noon

Baldwin Park, Baldwin Harbor (546-4481)
 5-12 yr, 9:30-10:30 a.m. & 11:30 a.m.-12:30 p.m.

Coes Neck Park, Baldwin (868-8190)
 5-12 years, 10-11 a.m.

Forest City Park, Wantagh (783-2515)
 5-12 years, 10-11 a.m. and 11:30 a.m.- 12:30 p.m.

Levittown Hall, Hicksville (933-6400)
 5-12 years, 10:30-11:30 a.m.

Newbridge Road Park, Bellmore (783-2503)
 5-12 years, 10-11 a.m., noon-1 p.m.

Salisbury Park Drive Ball Fields (997-4534)
 5-12 years, noon-1 p.m.

Terrace Gardens, Inwood (239-8080)
 5-12 years, noon-1 p.m.

Veterans Memorial Park, E Meadow (296-7780)
 5-12 years, 10-11 a.m., 11:30 a.m.-12:30 p.m.
 3-4 years, 2:30-3:30 p.m.

Walker Memorial Park, Lakeview (766-0659)
 5-12 years, 1-2 p.m.

Chess for Young Adults

A chess class designed for young adults, 5-16 years of age. All equipment will be provided. The instructor is a noted chess master, renowned for his ability to teach the game to a younger generation. Class size is limited. **This class is offered at Bernard Brown Park.**

Hoop Fitness

This hula hooping class for boys and girls ages 5-12 is a total blast! Hula hooping will improve coordination, increase flexibility and build core strength. Your child will experience the excitement of hoop dance through learning fun tricks on and off the body. Hoops will be provided in class for use. Classes limited to 14 children. **This class is offered at Merrick Road Golf Clubhouse.**

Karate/Self-Defense

Boys and girls ages 5-16 will have the ability to learn the basic fundamentals of karate and self-defense. Class size limited. **This class is offered at Echo Park.**

Kids Yoga

Kids yoga promotes strength, flexibility and coordination. Yoga enhances self-awareness, imagination and empathy. Boys and girls ages 5-12 are welcome. Please bring yoga mat to class. Classes limited to 15 children. **This class is offered at Merrick Road Golf Clubhouse.**

Youth Golf Lessons

Help your kids work on their golf game with group co-ed lessons, ages 7-14. Kids can learn the basics or improve upon what they already know. Clubs preferred, NOT required. If owned, please bring 7-8-9 irons at first class. **This class is offered at Merrick Golf Course.**

Youth Tennis Lessons

Tennis strengthens bones and muscles, improves coordination and fosters mental development. Instruction offered on two levels for children ages 7-14. Players must provide their own 21 inch 8 oz. tennis racket. Class limited to 14 children. **This class is offered at Baldwin Park, Seamans Neck Park and Oceanside Park.**



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Classes at Baldwin Park, Baldwin



Youth Tennis Lessons

Fee: \$20 (5 weekly sessions)
 Thursdays: April 30-May 28 (Beginner)
 6 - 7 p.m.
 Thursdays: April 30-May 28 (Intermediate)
 7 - 8 p.m.
 Fridays: May 1-29 (Beginner)
 6 - 7 p.m.
 Fridays: May 1-29 (Intermediate)
 7 - 8 p.m.

Classes at Bernard Brown Park, Uniondale

Chess for Young Adults

Fee: None
 Program: **Winter Program** (14 sessions)
 February 3 - March 25
 Mondays & Wednesdays:
 4 - 5:30 p.m.
Spring Program (15 sessions)
 March 30 - May 27
 Mondays & Wednesdays:
 4 - 5:30 p.m.

Classes at Echo Park, West Hempstead

Karate/Self-Defense

Fee: None (12 weekly sessions)
 Fridays: February 7 to May 8
 4 - 5 p.m. • 5 & 6 year-olds
 5 - 6 p.m. • 7 - 9 year-olds
 6 - 7 p.m. • 10 - 16 year-olds

Classes at Seamans Neck Park, Seaford

Youth Tennis Lessons

Fee: \$20 (5 weekly sessions)
 Tuesdays: April 28 - May 26
 6 - 7 p.m. – Beginner
 7 - 8 p.m. – Intermediate

Classes at Merrick Road Golf Clubhouse, Merrick

Hoop Fitness

Fee: \$36 (12 weekly sessions)
 Thursdays: February 6 - May 7 (ages 5-12)
 5:30 - 6:15 p.m.



Youth Golf Lessons

Fee: \$20 (5 weekly Saturday sessions)
 Saturdays: May 2 and June 6
 9 - 10 a.m. – Beginner
 10:30 - 11:30 a.m. – Beginner
 11:45 a.m. - 12:45 p.m. – Intermediate



Kids Yoga

Fee: \$32 (8 weekly sessions)
 Mondays: 3:45 - 4:45 p.m. • ages 5 - 8
 February 3 - March 30
 Wednesdays: 3:45-4:45 p.m. • ages 9 - 12
 February 5 - April 1

Classes at Oceanside Park, Oceanside

Youth Tennis Lessons

Fee: \$20 (5 weekly sessions)
 Mondays: April 27 - June 1
 6 - 7 p.m. • Beginner
 7 - 8 p.m. • Intermediate

PHYSICAL FITNESS

Online Registration begins January 21 at 3:00 pm. Go to hempsteadtown.com/parks. In person assistance will be offered from 3:00 - 7:00 p.m. on January 21 at:

- Echo Park, West Hempstead
- Merrick Road Clubhouse

Phone assistance will be available January 21 from 12:00 - 7:00 p.m. Classes are 12 weekly sessions. The fees for all classes are \$72.00 for Adults (\$36.00 seniors 60+, veterans, & specific volunteer groups except where indicated).

NO CLASS DATES:

Sunday, April 12 • Monday, February 17
Wednesday, April 8 • Thursday, April 9
Friday, April 10 • Saturday, April 11

Gym attire, sneakers and water are suggested for all classes. Please refer to class descriptions for specific requirements.

ABS Exercise

ABS is a fitness program that focuses on strengthening your core through various movements including, but not limited to, standing and floor exercises. Exercise mat required. **ABS Exercise is offered at Echo Park.**

Aerobics

Aerobics is a low impact class designed to firm, tone muscles and to increase cardio-vascular efficiency. Exercise mat required. **Aerobics is offered at Echo Park, Forest City Park, Levittown Hall and Merrick Road Golf Clubhouse.**



Aqua-Exercise

Aqua exercise is a water resistive exercise program for men and women 18 years of age and older conducted in waist-high water. The sessions are designed to tone muscles and increase cardiovascular circulation. Participants must hold an Echo Park pool pass for the season or the year, or will be required to pay the daily admission rate. Proof of age and residency is required at pool admission. **Aqua Exercise is offered at Echo Park Pool Complex.**

Body Sculpting

Body Sculpting is designed to improve posture, balance, flexibility, coordination and endurance. The class includes toning and stretching with weights and resistance bands. **Body Sculpting is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

Cardio Sculpting

Cardio Sculpting is dancing to fun choreography and sculpting your body with weights. Gym attire and sneakers required. Light weights exercise mat required. **Cardio Sculpting is offered at Baldwin Park and Echo Park.**



Hatha Yoga

Hatha is awareness of the breath, mind and body. Paying attention to asana alignment cues, we deepen our awareness noticing the tendencies and thought patterns that affect us on and off the mat. All levels welcome. Exercise mat required, blocks optional. **Hatha Yoga is offered at Merrick Road Golf Clubhouse.**

Kickboxing

Kickboxing is a fun and exciting low-high impact way to learn various punching and kicking combinations to help you get into shape. No gloves needed. **Kickboxing is offered at Echo Park and Merrick Road Golf Clubhouse.**

Kripalu Yoga

Kripalu is a dynamic class that involves yoga postures with calm breathing techniques. You will find peace and tranquility as you meditate your conscious with awareness of the body, mind and spirit. Exercise mat, block and strap required. **Kripalu Yoga is offered at Echo Park and Levittown Hall.**

Kundalini Yoga

Kundalini is considered the first style of yoga it combines breathing, movement, meditation, stretching, relaxation, rhythm and chanting to work on every aspect of your mind, body and spirit. Exercise mat required. **Kundalini Yoga is offered at Echo Park and Merrick Road Golf Clubhouse.**



Pilates Mat

Pilates you will learn how to increase core strength as you tone and shape your body. Exercise mat required. **Pilates Mat is offered at Echo Park, Forest City Park, Levittown Hall and Merrick Road Golf Clubhouse.**

Shape-Up Time for Men

Shape Up for Men helps to maintain good physical condition through a regimen of simple exercises performed on a regular basis. Light weights required. **Shape-Up Time for Men is offered at Echo Park.**



Strength Training

Strength training exercises may improve your heart function, balance, strengthen your bones and will help make you stronger. Weights and exercise mat required. Bands will be provided. **Strength Training is offered at Echo Park.**



Tai Chi

Tai Chi is designed to take you on a journey of meditative movement, gently guiding you on a path of wellbeing and inner peace. The techniques of Tai Chi are hundreds of years old and they will help you gain a new awareness of your body, energy and health. **Tai Chi is offered at Echo Park.**

Total Body

Total Body is a combination of abs, cardio and strength training designed to tone and firm muscles. Exercise mat and light weights required. **Total Body is offered at Echo Park, Forest City Park, Levittown Hall and Merrick Road Golf Clubhouse.**

Vinyasa Yoga

Vinyasa focuses on breathing and seeks to move you through a sequence of postures as the breath flows. The style is inherently diverse and sequencing will vary with each practice. Exercise mat required. **Vinyasa Yoga is offered at Merrick Road Golf Clubhouse.**



Zumba

Zumba is a cardio fitness class dancing to Latin music and more. **Zumba is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

PHYSICAL FITNESS

The fees for all classes are \$72 (\$36 for seniors 60 & older, & veterans) except where indicated. All classes are 12 sessions except where indicated.

NO CLASS DATES: Sunday, April 12 • Monday, February 17
Wednesday, April 8 • Thursday, April 9 • Friday, April 10 & Saturday, April 11

Classes at Baldwin Park, Baldwin

Cardio Sculpting

Program: Tuesdays, January 28 to April 14
7:00-8:00 p.m.

Classes at Echo Park, West Hempstead

ABS Exercise

Program: Tuesdays, January 28 to April 14
8:15-9:15 a.m.
Wednesdays, January 29 to April 22
10:45-11:45 a.m.

Aerobics

Program: Tuesdays, January 28 to April 14
6:45-7:45 p.m.

Aqua Exercise

Program: Tuesdays, January 28 to April 14
8:00-8:45 a.m. **or** 9:00-9:45 a.m.
Wednesdays, January 29 to April 22
8:15-9:00 p.m.
Thursdays, January 30 to April 23
8:00-8:45 a.m. **or** 9:00-9:45 a.m.

Body Sculpting

Program: Mondays, January 27 to April 20
4:15-5:15 p.m.
Wednesdays, January 29 to April 22
4:15-5:15 p.m.

Cardio Sculpting

Program: Tuesdays, January 28 to April 14
9:30-10:30 a.m.
Thursdays, January 30 to April 23
9:30-10:30 a.m.

Cardio Sculpting ****All-Year Program****

Fee: \$264 (\$132 senior/veteran)
Program: Tuesdays, January 28 to December 15
9:30-10:30 a.m. **44 weekly sessions**

Kickboxing

Program: Thursdays, January 30 to April 23
7:15-8:15 p.m.

Kripalu Yoga

Program: Mondays, January 27 to April 20
5:30-6:30 p.m.
Wednesdays, January 29 to April 22
5:30-6:30 p.m.

Classes at Echo Park (cont.)

Kundalini Yoga

Program: Tuesdays, January 28 to April 14
5:30-6:30 p.m.
Wednesdays, January 29 to April 22
8:00-9:00 a.m.
Fridays, January 31 to April 24
10:00-11:00 a.m.
Fridays, January 31 to April 24
11:15-12:15 noon
Fridays, January 31 to April 24
7:15-8:15 p.m.

Pilates Mat

Program: Mondays, January 27 to April 20
6:45-7:45 p.m.

Shape Up Time for Men Winter/Spring

Program: Sundays, January 26 to April 19
9:00-10:00 a.m.
Wednesdays, January 29 to April 22
6:45-7:45 p.m.
Fridays, January 31 to April 24
8:30-9:30 a.m.

Shape Up Time for Men

**** All-Year Sunday Elite Program ****

Fee: \$252 (\$126 senior/veteran)
Program: Sundays, January 26 to December 13
9:00-10:00 a.m.
42 weekly sessions

Shape Up Time for Men

**** All-Year Wednesday Elite Program ****

Fee: \$258 (\$129 senior/veteran)
Program: Wednesdays, January 29 to December 16
6:45-7:45 p.m.
43 weekly sessions

Shape Up Time for Men

**** All-Year Friday Elite Program ****

Fee: \$246 (\$123 senior/veteran)
Program: Fridays, January 31 to December 18
8:30-9:30 a.m.
41 weekly sessions

Strength Training

Program: Wednesdays, January 29 to April 22
8:00-9:00 p.m.

Tai Chi

Program: Thursdays, January 30 to April 23
1:00-2:00 p.m.
Thursdays, January 30 to April 23
2:15-3:15 p.m. (beginners class)
Thursdays, January 30 to April 23
8:30-9:30 p.m.

Classes at Echo Park (cont.)**Total Body**

Program: Tuesdays, January 28 to April 14
11:00-12 noon
Wednesdays, January 29 to April 22
9:30-10:30 a.m.
Thursdays, January 30 to April 23
11:00-12:00 noon

Zumba

Program: Mondays, January 27 to April 20
8:00-9:00 p.m.
Thursdays, January 30 to April 23
6:00-7:00 p.m.
Saturdays, February 1 to April 25
9:00-10:00 a.m.

Classes at Forest City Park, Wantagh**Aerobics**

Program: Wednesdays, January 29 to April 22
9:15-10:15 a.m.

Pilates Mat

Program: Fridays, January 31 to April 24
10:40-11:40 a.m.

Total Body

Program: Fridays, January 31 to April 24
9:30-10:30 a.m.

Classes at Levittown Hall, Hicksville**Aerobics**

Program: Mondays, January 27 to April 20
9:40-10:40 a.m.

Body Sculpting

Program: Fridays, January 31 to May 1
9:30-10:30 a.m. (No class 2/7)

Kripalu Yoga

Program: Saturdays, February 1 to April 25
9:00-10:00 a.m.

Pilates Mat

Program: Fridays, January 31 to May 1
8:00-9:00 a.m. (No class 2/7)

Total Body

Program: Mondays, January 27 to April 20
8:30-9:30 a.m.
Thursdays, January 30 to April 30
9:00-10:00 a.m. (No class 2/6)

Classes at Levittown Hall, Hicksville (cont.)**Zumba**

Program: Tuesdays, January 28 to April 21
9:00-10:00 a.m. (No class 2/4)

Classes at Merrick Road Golf Clubhouse, Merrick**Aerobics**

Program: Mondays, January 27 to April 20
6:30-7:30 p.m.
Wednesdays, January 29 to April 22
5:45-6:45 p.m.

Body Sculpting

Program: Tuesdays, January 28 to April 14
5:30-6:30 p.m.
Thursdays, January 30 to April 23
4:30-5:30 p.m.

Hatha Yoga

Program: Tuesdays, January 28 to April 14
10:15-11:15 a.m.
Fridays, January 31 to April 24
9:30-10:30 a.m.

Kickboxing

Program: Thursdays, January 30 to April 23
7:45-8:45 p.m.

Kundalini Yoga

Program: Tuesdays, January 28 to April 14
7:00-8:00 p.m.

Pilates Mat

Program: Mondays, January 27 to April 20
7:45-8:45 p.m.
Tuesdays, January 28 to April 14
9:00-10:00 a.m.
Wednesdays, January 29 to April 22
7:00-8:00 p.m.

Total Body

Program: Mondays, January 27 to April 20
9:00-10:00 a.m.
Fridays, January 31 to April 24
8:00-9:00 a.m.

Vinyasa Yoga

Program: Tuesdays, January 28 to April 14
8:15-9:15 p.m.

Zumba

Program: Mondays, January 27 to April 20
10:30-11:30 a.m.
Wednesdays, January 29 to April 22
8:15-9:15 p.m.
Thursdays, January 30 to April 23
6:30-7:30 p.m.

CULTURAL ARTS

Online registration for ALL CULTURAL ARTS programs will start at 3 p.m. on January 21, 2020. If you need assistance setting up your account or with the online registration, parks personnel will be available to assist you, on January 21 from 3 to 7 p.m. at the **Merrick Road Golf Course Clubhouse, Merrick and Echo Park, West Hempstead.**

Class dates, times and fees appear on pages 20 & 21.



Art of Drawing

Explore drawing using a variety of materials. Choose pencil, charcoal, colored pencil, pen and ink or pastel to render the still life, landscape and portrait/figure. This creative workshop is suitable for all, from the beginner to the advanced student. Line and tonal drawing as well as composition, perspective and anatomy will be addressed. Bring a pencil and 11 x 14 or larger drawing pad to the first class. Model fees are extra. Class is limited to 25 adults. **This class is offered at Harold Walker Memorial Park, Lakeview.**

Advanced Watercolor Workshop

A unique workshop that offers students of Advanced levels an opportunity to explore the use of watercolors in great detail. Through demonstrations by the instructor and guided visual observations, students will develop a personal approach to landscapes, water scenes, portraits and still life. Law of design will be emphasized. Students must provide their own supplies. Class size is limited to 30 adults. **This class is offered at Harold Walker Memorial Park, Lakeview.**

Ballroom Dancing

Learn to dance to those favorite Big Band Sounds with lessons offered on two levels. You will learn basic steps in the foxtrot, waltz, cha cha, merengue, rumba, swing and popular Latin dances. This is the perfect class for engaged couples, who are anxious about their first dance as husband and wife. The Intermediate class is for those couples that have completed the Beginner course and are ready to proceed with more intricate patterns and other social dances. Both classes limited to 50 couples. **This class is offered at Echo Park and Merrick Road Golf Clubhouse.**

Beginner Watercolor

This class is designed to introduce and further the abilities of the watercolorist. Demonstrations will take you through the painting process. Emphasis will be on the many techniques of the medium as well as composition, design rules, and the importance of color. Class is limited to 20 adults. **This class is offered at Bernard Brown Park, Uniondale.**

Duplicate Bridge

A series of mini bridge lessons for the intermediate and advanced level player. Instruction is provided in the proper bidding and playing of Hand vs Rubber Bridge. We require 16 students to run the class. Come by yourself or with a partner. The class is limited to 100 adults. **This class is offered at Echo Park, West Hempstead.**

Hand Appliqué

Students will learn the prepared edge Appliqué method using freezer paper and template plastic. The class will include how to trace patterns, fabric choices, how to layer pieces, and stitching. The class will work on one project or students may work on an unfinished project. A supply list and fabric requirements for the project will be provided before the first class. This class is for all skill levels. **This class is offered at Bernard Brown Park, Uniondale.**

Hand Quilting

Intermediate/Advanced

Learn challenging techniques of hand quilting. The class covers fabric choices, piecing, quilting and more advanced appliqué. Intermediates will learn new techniques, blocks and receive help with continuing projects. This class will allow the more advanced students to explore their skills through challenging projects in a fun and friendly atmosphere. No machine work required. The class is limited to 30 adults. **This class is offered at Bernard Brown Park, Uniondale.**

Intermediate Watercolor Workshop

A unique workshop designed to inspire and further the abilities of the watercolorist. Floral, still life and landscapes will be the focus. Demonstrations will take you through the painting process and explore the many watercolor techniques to create a sense of place and mood. Emphasis will be on the importance of composition, design, color, and value. Students must provide their own supplies. Class is limited to 30 adults. **This class is offered at Harold Walker Memorial Park, Lakeview.**

Line Dancing

Put on your dancing shoes and discover the fun of line dancing. If you can count to eight you can learn to line dance. Lots of fun and pretty good exercise too! Class is limited to 80 adults. **This class is offered at Levittown Hall.**



Mah Jongg I & II

Mah Jongg I & II addresses both beginners and those who already know how to play the game. Players will be seated according to their skill set. Please bring the 2019 Mah Jongg Card to the first class. (Starting in April 2020 a new Mah Jongg Card can be purchased through Amazon or the nationalmahjongg.com) No purchase of the actual Mah Jongg games or tiles is necessary. Class is limited to 16 adults each class. **This class is offered at Forest City Community Park, Wantagh.**

Oil painting - Beginner

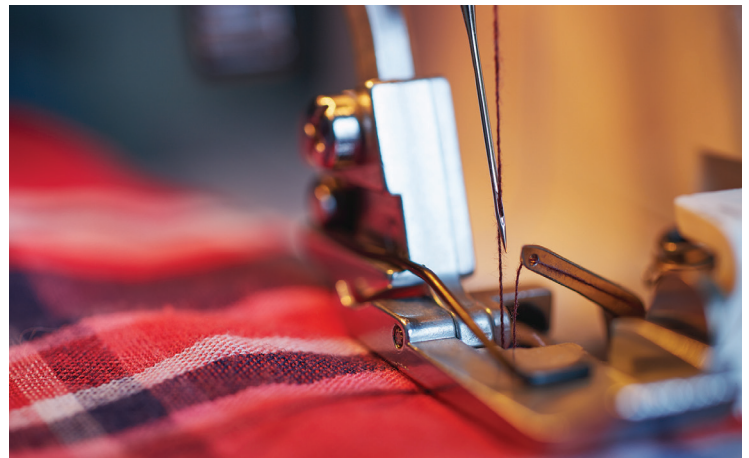
Obtain the excitement and curiosity, of learning the many facets of painting in oils. Understanding the materials needed and the basic principles of art, will be part of your instruction. The color wheel, mixing of colors and the basic strokes and techniques will be our goals. The class will help you cultivate your talent and create an art experience that will help you express your unique creativity through your artwork. Class is limited to 20 adults. **This class is offered at Baldwin Park, Baldwin Harbor.**

Oil Painting - Intermediate/Advanced

The painting subjects will vary to benefit a broader spectrum of oil painting knowledge. Landscapes, seascapes, and still life will be covered from photographs, as well as from life. Emphasis will be placed on color palette, composition, light value and balance. Students must provide their own supplies. Class is limited to 20 adults. **This class is offered at Baldwin Park, Baldwin Harbor.**

Pastel Workshop

Paint beautiful paintings in pastel. Explore color theory, composition and the techniques of pastel drawing and painting. Students will be able to see a step by step demonstration of a pastel painting as well as receive individual critiques. This class is appropriate for students of all levels. Students will work from life and reference materials. Approaches discussed will include realistic, impressionistic and abstract. Materials will be discussed during the first class. Please bring a sheet of gray pastel paper (MiTienes or Strathmore), a kneadable eraser, vine charcoal, and a white pastel to first class. The class is limited to 20 students. **This class is offered at Walker Memorial Park.**



Quilting with Sewing Machine

Intermediate students should have knowledge of a sewing machine and basic sewing skills. Students are required to bring their own sewing machine and supplies to class. Individual help is given when needed and group ideas and techniques are encouraged. Instructions for new projects must be purchased. Class limited to 20 adults. **Class offered at Bernard Brown Park, Uniondale.**

Salsa Dancing

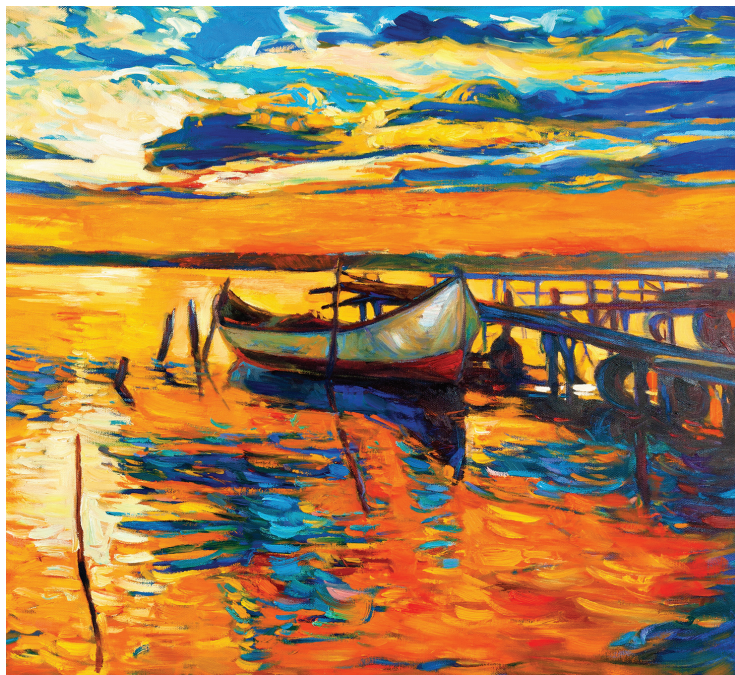
Salsa Dance is rhythmic, friendly, aerobic and hot, hot, hot! Learn one of the hottest dances in the Hispanic community. Class limited to 80 adults. **Class offered at Levittown Hall.**



Stay on the "ball" with up-to-the-minute parks information at hempsteadny.gov

CULTURAL ARTS

Online registration for ALL CULTURAL ARTS programs will start at 3 p.m. on January 21, 2020. If you need assistance setting up your account or with the online registration, parks personnel will be available to assist you, on January 21 from 3 to 7 p.m. at the **Merrick Road Golf Course Clubhouse, Merrick and Echo Park, West Hempstead** or call (516) 292-9000, ext. 7480.



Classes at Baldwin Park, Baldwin

Oil Painting

Beginner

Fee: \$180 (Seniors/Veterans \$90)
 Program: February 3 through May 4
 12 weekly sessions
 No class 2/17 & 4/13
 Mondays: 1:00 - 4:00 p.m.

Oil Painting

Intermediate/Advanced

Fee: \$180 (Seniors/Veterans \$90)
 Program: February 3 through May 4
 12 weekly sessions
 No class 2/17 & 4/13
 Mondays: 9:00 a.m. to noon

Classes at Bernard Brown Park, Uniondale

Beginner Watercolor

Fee: \$120 (Senior/Veteran \$60)
 Program: February 6 to May 14 (12 weekly sessions)
 No class 2/20, 4/9 & 4/16
 Thursdays: 1:00 to 3:00 p.m.

Hand Applique

Fee: \$150 (Senior/Veteran \$75)
 Program: February 7 to May 15 (10 weekly sessions)
 No class 2/21, 3/6, 3/27, 4/10 & 4/17
 Fridays: 10:00 a.m. to 1:00 p.m.

Hand Quilting

Intermediate/Advanced

Fee: \$180 (Senior/Veteran \$90)
 Program: February 6 to May 14 (12 weekly sessions)
 No class 2/20, 4/9 & 4/16
 Thursdays: 9:00 a.m. to noon

Quilting 1 with Sewing Machine

Fee: \$120 (Seniors/Veteran \$60)
 Program: February 5 to May 13 (12 weekly sessions)
 No class 2/19, 4/8 & 4/18
 Wednesdays: 9:30 a.m. to 11:30 a.m.

Quilting 2 with Sewing Machine

Fee: \$120 (Seniors/Veteran \$60)
 Program: February 5 to May 13 (12 weekly sessions)
 No class 2/19, 4/8 & 4/15
 Wednesdays: Noon to 2:00 p.m.

Classes at Echo Park, West Hempstead

Duplicate Bridge

Fee: \$180 (Seniors/Veterans \$90)
 Program: February 4 to May 5 (12 weekly sessions)
 No class 2/18 & 4/14
 Tuesdays: 1:00 to 4:00 p.m.

Ballroom Dancing

Intermediate

Fee: \$120 (Seniors/Veterans \$60)
 Program: February 4 to May 5 (12 weekly sessions)
 No class 2/18 & 4/14
 Tuesdays: 8:00 to 10:00 p.m.

Classes at Forest City Park, Wantagh

Mah Jongg I

Fee: \$120 (Senior/Veteran \$60)
 Program: February 4 to May 5 (12 weekly sessions)
 No class 2/18 & 4/14
 Tuesdays: 9:45 to 11:45 a.m.

Mah Jongg II

Fee: \$120 (Senior/Veteran \$60)
 Program: February 4 to May 5 (12 weekly sessions)
 No class 2/18 & 4/14
 Tuesdays: 12:30 to 2:30 a.m.

Classes at Harold Walker Memorial Park, Lakeview

Art of Drawing

Fee: \$192.50 (Seniors/Veterans \$96.25)
 Program: February 6 to May 14
 11 weekly sessions
 No class 2/20, 3/5, 4/9 & 4/16
 Thursdays: 9:00 a.m. to 12:30 p.m. (3 1/2 hour class)

Intermediate Watercolor Workshop

Fee: \$175 (Senior/Veteran \$87.50)
 Program: February 5 to April 29
 10 weekly sessions
 No class 2/19, 4/8 & 4/15
 Wednesdays: 1:30 to 5:00 p.m. (3 1/2 hour class)

Advanced Watercolor Workshop

Fee: \$175 (Senior/Veteran \$87.50)
 Program: February 5 to April 29
 10 weekly sessions
 No class 2/19, 4/8 & 4/15
 Wednesdays: 9:30 a.m. to 1:00 p.m. (3 1/2 hour class)

Pastel Workshop

Fee: \$105 (Seniors/Veterans \$52.50)
 Program: February 6 to March 26
 6 weekly sessions
 No class 2/20 & 3/5
 Thursdays: 1:00 to 4:30 p.m. (3 1/2 hour class)

Classes at Merrick Road Golf Clubhouse, Merrick

Ballroom Dancing

Beginner

Fee: \$120 (Seniors/Veterans \$60)
 Program: February 7 to May 15
 12 weekly sessions
 No class 2/21, 4/10 & 4/17
 Fridays: 7:30 to 9:30 p.m.

Ballroom Dancing

Intermediate/Advanced

Fee: \$120 (Seniors/Veterans \$60)
 Program: February 9 to May 10
 12 weekly sessions
 No class 2/16 & 4/12
 Sundays: 7:00 to 9:00 p.m.

Classes at Levittown Hall, Levittown

Line Dancing

Fee: \$75 (Seniors/Veterans \$37.50)
 Program: February 13 to May 14
 10 weekly sessions
 No class 2/20, 4/9, 4/16 & 4/30
 Thursdays: 6:15 to 7:45 p.m.

Salsa Dancing

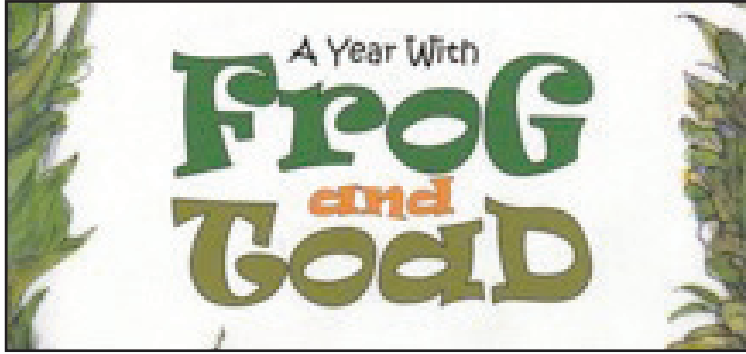
Fee: \$100 (Seniors/Veterans \$50)
 Program: February 13 to May 14
 10 weekly sessions
 No class 2/20, 4/9, 4/16 & 4/30
 Thursdays: 8:00 to 10:00 p.m.



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Plaza Theatrical Productions

presents

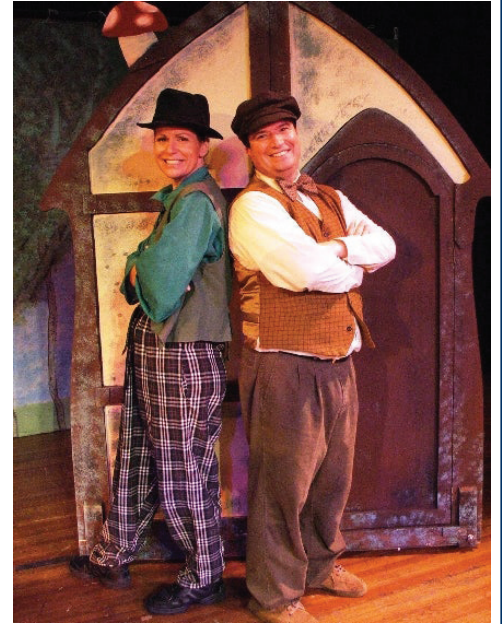


Arnold Lobel's well-loved characters hop from the page to the stage in this musical which celebrates friendship through the seasons.

Wednesday, April 15 • 11 a.m.

Levittown Hall, Levittown Parkway, Hicksville

Tickets: \$6 per person (children ages 2 and under are free)



Holocaust Remembrance Day ALEX KONSTANTYN

April 28 at 7 p.m.

Merrick Road Golf Course Clubhouse, Merrick

Fee: FREE - First come first serve seating

Alex was born in 1937 in Varenz Poland. The fear of the Nazis forced the family out of their home, seeking refuge in the countryside. The year was 1941. The father of the family was poisoned by a farmer, and the burden of survival was assumed by the mother. She had to contend with two powerful enemies, the Nazis and hunger. The last two years of the German occupation mother and son were sheltered by a kind Polish landowner in a small underground bunker. After the war, Alex's mother remarried, and the family moved to Israel. Alex completed high school and spent 2 ½ years in the Israeli army. He joined the family in the U.S. after his army service. Following graduation from college and the Jewish Theological Seminary, Alex dedicated his life to Jewish education. He retired in 2009 from his position as Principal of the East Meadow Jewish Center. He and his wife Susan presently reside on Long Island, and are blessed with 2 children and 8 grandchildren.



TICKETS BY MAIL

To obtain tickets in advance, simply complete the application below. Your check or money order must be made out to the **TOWN OF HEMPSTEAD**. Please include your name, address and telephone number. Send a separate, self-addressed, stamped envelope and a separate check or money order for each event to: **Cultural Events, 200 North Franklin Street, Hempstead, NY 11550**. Your requests will be returned if you do not send a separate check or money order for each event. For further information, call 292-9000, ext. 7382.

Event	Time	Place	Price	Quantity	\$ Total
A Year with Frog & Toad	April 15 at 11 a.m.	Levittown Hall, Hicksville	\$6		
Holocaust Remembrance	April 28 at 7 p.m.	Merrick Road Clubhouse, Merrick	FREE		

Name _____
 Address _____
 City _____ State _____ Zip _____

() Check or () Money Order

Phone _____

Total Amount Enclosed

\$ _____



Tour cultural, historical and recreational attractions. Share special sites and memorable moments with friends and fellow "adventurers." Tours leave from the Merrick Road Park Golf Course in Merrick, located one traffic light east of the Meadowbrook Parkway. For tour information call 292-9000, extension 7258.

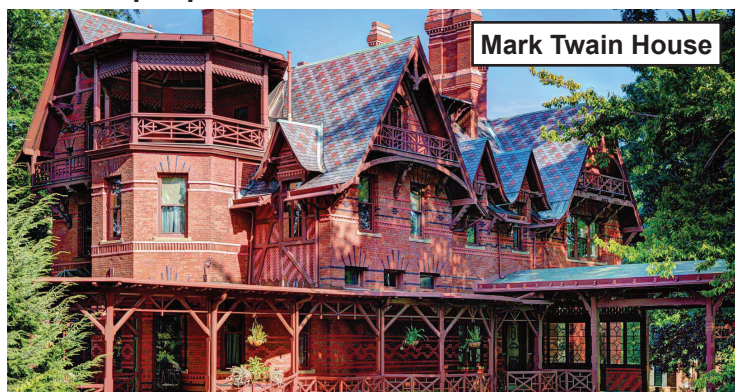
Registration: MAIL IN ONLY. First-come, first-served. Buses are filled in the order we receive payments. Sorry, we cannot reserve bus seats. Enclose a separate check or money order for each trip, **PAYABLE TO THE TOWN OF HEMPSTEAD** and send along with self-addressed, stamped envelope to: **Department of Parks and Recreation, 200 North Franklin Street, Hempstead, NY 11550, Attn: Adventure Tours.** *Please include phone number, address and name of each guest.* No more than two reservations per request. Sorry, NO REFUNDS! Tours are held rain or shine, and listed return times are approximate. Please wear comfortable shoes on all trips, there will be a lot of walking. Bring a camera to capture those incredible sights. **Trips open to TOWN OF HEMPSTEAD residents only!**

Long Island to Connecticut: Wadsworth Atheneum Art Museum, Mark Twain & Harriet Beecher Stowe

Wed., May 20 • 7:30 a.m. to 7:30 p.m. (approx)

With our LI tour guide, we ride out to the PJ Ferry for a relaxing cruise across LI Sound. We will then re-board our coach and head to the famous Wadsworth Atheneum Museum - the oldest continuously-operating public art museum in the United States, which opened its doors to the public in 1844. Tour some of the museum's collections of nearly 50,000 works of art spanning 5,000 years: Morgan collection of Greek and Roman antiquities, European decorative arts, world-renowned baroque and more. We then drive on to the home of Mark Twain where we enjoy a light lunch before exploring his 25 room home, "the loveliest home that ever was". Mark Twain became the world famous "Father" of American Literature. We then will explore the home of Harriet Beecher Stowe. Of course you'll hear about everything that compelled Stowe to write her most famous novel, *Uncle Tom's Cabin*: her childhood, travels, marriage and family, and perhaps greatest of all, her courage.

Fee: \$96 per person



Mark Twain House

Long Island The North Fork Explored

**Thursday, June 25
9:00 a.m. to 6:30 p.m. (approx)**

Our first stop is at the beautiful history museum in Riverhead. "The Civil War and the two World Wars saw the largest numbers of Long Islanders in uniform. During the twentieth century, Long Island was the site of major military training grounds, encampments, and airfields. Local industries turned out boats, ships, and torpedoes from the 1930s to the 1990s.

Back on board, a local story teller/historian narrates tales of days gone by on the North Fork Roads. Next stop is for lunch and some tasty home cooking where we may meet a local owner/chef.

Select entree:

- 1 - Fried flounder sandwich, with french fries
- 2 - Hot turkey Sandwich with mashed potato
- 3 - North Fork Reuben with french fries.

All lunches include - Fresh pie, coffee, tea, soft drinks.

Then relax as we drive along the North Fork to the village of Greenport with its quaint shops and water view of the Shelter Island ferry. We will make one more stop to learn about the North Fork's brewing industry. It's developing quickly and we will stop for a mini talk before heading home.

Fee: \$95 per person



Greenport

Town of Hempstead Lacrosse Academy

TOHLA is a Game Changer!

**Youngsters can Play With
The Best Lacrosse Program
in Town!**

**For more information on the
lacrosse academy,
go to: hempsteadny.gov
or call 292-9000, ext. 7245.**

BEACH VOLLEYBALL PROGRAMS FOR CHILDREN & ADULTS



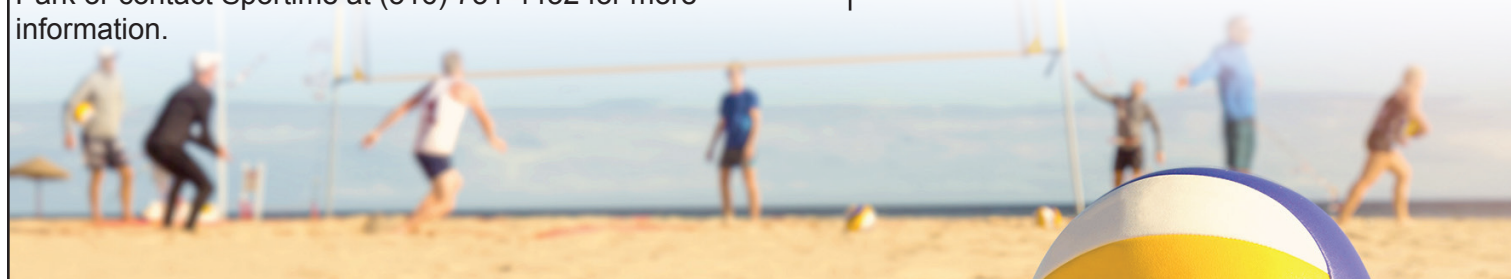
After a successful first season, Sportime VBC returns this summer with quality beach volleyball programs for both children and adults. Sportime VBC offers a variety of programs for all skill levels, for boys and girls, ages six and older, on the sands of our beach volleyball facilities at both Town Park Point Lookout and Seamans Neck Park in Seaford. Instructional programs and games for adults are offered at Point Lookout. Players will be introduced to the beach game through unique drills and fun game play, under the supervision of Sportime's expert coaches. Town of Hempstead residents will receive special rates.

Visit www.sportimeny.com/vbchempstead to register for Sportime VBC programs at Point Lookout and Seamans Neck Park or contact Sportime at (516) 731-4432 for more information.

Sportime VBC offers:

- Boys Club Program for ages 15-18
- Girls Club Program for ages 13-18
- Clinics for boys and girls, ages 6-16
- 4-on-4 Junior Leagues, Boys & Girls Divisions
- Beach Volleyball Clinics for Adults

In addition, East End Volleyball, in conjunction with Sportime, will conduct adult leagues on Thursday nights. To register, go to: <http://www.eevb.net/pt-lookout-town-park> or call EEVB at (631) 728-0397 for more information.



HIGH SCHOOL SOCCER LEAGUES

Boys and girls summer soccer leagues are being organized for high school players who are residents of the Town. Evening games will begin the first week of July.

Cuomo Park, Wantagh

Registration: For further information and a TEAM application, call 292-9000, ext. 7204

Fee: See application at hempsteadny.gov

Program: Weekday evenings at 6 p.m.

DONALD X. CLAVIN, JR.
Supervisor

Council Members

DOROTHY L. GOOSBY • BRUCE A. BLAKEMAN
ANTHONY D'ESPOSITO • DENNIS DUNNE, SR.
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Receiver of Taxes
JEANINE C. DRISCOLL

Daniel Lino
Commissioner Parks & Recreation